

hospital they have ever seen. Before returning to Cuba they will visit hospitals in New York. They were much impressed with the size and imposing character of Parisian hospitals, but thought the uniform of Paris unbecoming, and were convinced that much reform is necessary in the system of hospital nursing in that city.

Mrs. Tscherning is going to spend two or three months in Italy before returning to Copenhagen.

Miss Delano has gone to Germany, where she will examine carefully the Red Cross system with the purpose of gaining useful points for the future guidance of the American Red Cross Society in its relation to nurses.

The papers and discussions of the International Congress of Nurses on the Factory Nurse in the Session of "The Nurse as Citizen" belong to one of the newer lines of work for nurses, which is of very special interest. The disposition to study the health and sanitary conditions of wage-workers, with a view to conservation of health and strength, is comparatively new in Anglo-Saxon countries, perhaps even rather new everywhere, except for the so-called dangerous trades.

The effectiveness of the nurse in guarding the health of young girls and women in the immense manufacturing plants where hundreds of employees are put in her charge, is often shown in a novel and striking way by the rise of industrial efficiency of the workers.

A nurse who had been for some time in the immense Westinghouse lamp factories gives many interesting details of her work there, which illustrate quite vividly the picturesque features of this kind of preventive work.

The employees in her care were all young women, most of them on piece work (that is, paid by the piece, not by the day), and, as a rule, were sufficiently comfortably off to be able to keep in good health had they known how. But most of them were astonishingly ignorant of physiology and simple rules of health.

The nurse had a large closet stocked with milk and crackers, cocoa, malted milk, and standard tonics, with simple laxatives for emergency. She found that many girls suffered in the mornings from headache and lassitude. This, on inquiry, proved usually to result from sleeping with closed windows and taking no breakfast save weak coffee or strong tea. Constipation was a frequent source of wretched-

ness, while cases of chronic over-fatigue dragged wearily through the day's tasks. The nurse started a vigorous campaign of education on open windows at night, with stewed or fresh fruit for breakfast for the laxative effect. When girls came in the morning complaining of not feeling well, it was usually found that they had taken no breakfast, not because they were too poor, but because they were too hurried, had to get up too early, or because nothing was cooked, or some such reason. Such cases were always cured by a cup of hot malted milk or cocoa and crackers. Delicate girls were urged to get milk and eggs for themselves at home, and did so with excellent effect. Constipation was combatted as far as possible without drugs, by attention to diet; and girls who suffered at the menstrual period were looked after with special care. As a result, many girls improved so in health and vigour that they were able, without added exertion, to turn off so much more work than before that their wages rose, in some cases as much as twelve shillings a week over what they had previously been; while others, who had never been able to get a moment to rest between periodically recurring tasks, now finished their manipulations so swiftly that they could sit down for five minutes at a time between the tasks. The increase in output incidentally benefited the manufacturer so substantially that he considered the nurse the best investment he had ever made.

Miss Linda Richards, the first nurse to present herself for training in the United States of America, has resigned her position as Superintendent of the Nursing School at the Hospital for the Insane, Kalamazoo, and intends to retire into private life. May she long enjoy a well-earned rest.

Miss Estrid Rodhe, in a paper contributed to the Health Section of the International Congress of Women, held recently at Toronto, stated that the lack of cohesion between nursing institutions in Sweden has caused the desire for co-operation between existing organisations of nurses. The proposal to form a central Society is attracting eager attention among nurses, and perhaps it will not be so very long before it can be carried into effect.

A Government Resolution announces the formation of the Bombay Presidency Nursing Association. After the Association is registered the sum of one lakh of rupees, generously presented by Sir Jacob Sassoon will be transferred to the Central Committee, to which the management of the Association will be entrusted.

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